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NECC Observer

Northern Essex
Community College

The award-winning student newspaper of Northern Essex Community College • Haverhill and Lawrence, Mass.

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News Bytes

SPEAKER TO HIGHLIGHT WORK WITH WOMEN IN AFGHANISTAN

Mati Amin will be on the NECC campus to give a presentation on The Education of Afghanistan Women. Imagine being a girl and told your government will not educate you? This is the plight of the women of Afghanistan and will be the focus of discussion when Mati Amin, chairman of the School for Leadership Afghanistan (SOLA) visits NECC on Wednesday, Oct. 5, from noon to 1 p.m. in the Bentley Library as part of NECC's "One Geographic Region" Program which explores varying issues of the Middle East. This event is free and open to the public.

TALK FOCUSES ON MIDDLE EAST

Dr. Bill Heineman will speak on "The Middle East: It is not as complicated as you think" Friday, Oct. 7 from 1:30 to 3 p.m. in TC 103B. You can spend an entire life studying the Middle East (or any region) and still not truly understand all its complexities and nuances.

However, there are also ways to understand a place and its history in simpler terms that can still reveal a great deal. In this one-hour session we will try to imagine what the world might look like to those that live in the Middle East by using a single lens.

Mayor Fiorentini stops by NECC to talk politics

Haverhill mayor discusses the values in voting for local and national elections.

By TRAVIS BARRETT
Features Editor



Photo by Jess Laycock

Haverhill Mayor James Fiorentini speaks to student and faculty at NECC on Monday.

Mayor of Haverhill, James Fiorentini visited NECC on Oct. 3 in the Technology Center building and spoke on the importance of voting.

He heavily emphasized on not only voting in this upcoming presidential election, but also for your local senators, mayors and city council positions.

NECC President Lane Glenn introduced the mayor in front of a packed room with a mix of local citizens, students and professors attending the lecture.

Fiorentini answered questions from the crowd on issues focused around the hot topic that is this upcoming election.

He examined both candidate's

point of views on issues being debated about in this presidential election including issues dealing with millennials and their college debt, taxes, legalization of marijuana, and infrastructure around the country.

Fiorentini repeatedly assured the crowd he was just giving facts and not being biased. He addressed Hillary Clinton's tax plan and how it would tax bigger businesses whereas Donald Trump's position gives tax breaks to the same businesses. Fiorentini told the crowd that although he wouldn't be biased throughout the discussion that he was voting for Clinton in November.

It's important that when you approach deciding who to vote

for that it's a "binary decision" and that even if you dislike both candidates you still should weigh the options, Fiorentini mentioned. One student brought up the idea of voting for a third party candidate and what the mayor thought about voting for one due to the fact that many Americans dislike both Trump and Clinton.

Fiorentini completely shut down the idea of voting for Jill Stein, Gary Johnson or any other third party candidate saying, "it's a waste of your vote if you do." He says only a small percentage of people are going to be voting that way and that "either Clinton or Trump are going to president."

Important dates:

Northern Essex Community College is participating in a statewide Election Teach-In! The goal is to increase everyone's knowledge about the election issues and voting --- and to GET OUT THE VOTE!

All are welcome! Classes are encouraged to attend! (Please e-mail Janel D'Agata-Lynch at jdagatalynch@necc.mass.edu) ahead of time with your class size.

Teach-In Events (so far):

Wednesday, October 5, 12:30-2pm
Vice Presidential Debate: Join us to watch and discuss the Vice Presidential Debate. Haverhill Campus E160

Monday, October 24th Noon-1:30PM
NECC's Own Big "Presidential" Debate: Faculty members will debate representing all four candidates for the U.S. Presidency. Haverhill Campus, Tech Center 103A

For any questions or to request a Sign Language Interpreter, please contact Janel D'Agata-Lynch at jdagatalynch@necc.mass.edu or call 978-738-7530.

The 2016 Election Teach-In is being supported by the Contemporary Affairs Club, the Global Studies Department, Civic Engagement and Service-Learning Programming, & your NECC faculty and staff!

Continued on page 8

Editorial

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Why are millennials so stressed?

Impact of societal expectations on today's youth greatly impacts students, pushing stress levels to a national all time high

By CLEO BRIGHAM
Editor-in-Chief

Even as I'm writing this piece, I find myself struggling to concentrate while battling the feelings of stress induced by what have recently been dubbed in popular culture as the Sunday scaries, or feelings of anxiety one feels Sunday night once realizing the various impending duties they'll have to complete during the upcoming week. These feelings can even carry into the week, causing what's widely known as the Monday meltdown.

It's less than a month into the semester, and last week a girl in one of my classes stated that she was already having breakouts on her face due to stress.

Almost instantly after she said this, a chorus of, "me too!," could be heard throughout the classroom.

This evening alone, I had a project, exam, readings and three assignments due.

After working a thirteen hour day yesterday and another eight this morning, homework is the last thing I want to be spending my time on. I can feel my sleep deficit increasing while scrambling to make sure I've gotten everything done for this week.

Like many other students, I'm trying to maintain a social life in addition to working and my classes.

I know I'm not the only young person trying to find balance within a seemingly out of control schedule. My personal quest to find some calmness in the chaos I've created for myself is only one example of the various, but similar experiences other individuals have as well.

In 2015, the American Psychological Association found that thirty-six percent of millennials reported an increase of stress in the past year, with results showing anxiety rates among college students are at an all time high.

While this study was in progress, more than half of the chosen population of millennials reported lying awake at night at least once in the past month as a result of overwhelming amounts of stress. But what's keeping us

up at night?

Perhaps it's the fact that younger generations feel the pressure to carry and the weight of the world and its problems, while facing their own individual responsibilities in their personal lives on a daily basis. People my age as well as younger generations find themselves expected to somehow figure out a way to save the environment, determine who our world leaders are, fix the economy, and lead social justice reform.

How can we focus on issues like the national debt when we're too busy dealing with paying off our student loans? Too much is expected of us, and in turn we expect too much of ourselves.

That's evident in our hectic schedules, and how much we

take on despite pushing ourselves past our breaking point to achieve everything on our to do lists.

I'm not saying we should abandon all ambition, and live up to the societal expectation that all millennials are self absorbed and lazy. However, there comes a time when our attempt to take on so many responsibilities backfires in terms of our physical and mental health, creating more problems than solving them. It's time to realize that any generation is capable of making a positive impact on the future. I believe that by working together, rather than counting on younger generations, we can alleviate the unevenly distributed generational stressors and hopefully some of the societal stressors holding us back as well.

NECC Observer

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Publication Schedule

Issue	Publication Date	Ad/Copy Deadline
#2	Sept. 19	Sept. 14
#3	Oct. 3	Sept. 28
#4	Oct. 17	Oct. 12
#5	Oct. 31	Oct. 26
#6	Nov. 14	Nov. 9
#7	Nov. 28	Nov. 23

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Send your letters to observer@necc.mass.edu

We try to publish all letters we receive, but we reserve the right to edit or reject those we receive.

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Roaming Reporter

Are you voting in the upcoming election?



Yes, but I'm frustrated with the choices this year.

CHRISTINE SIFRI
Political Science Major



Not Sure, I don't agree with either candidate.

KEENAN RUFFIN
Music Major



No, they both don't deserve the presidency

EDDIE CARDONE
Business Major



Yes, but I'm not happy about either choices.

DANIELLE ROBIDOUX
Biology Major



Yes, but it wasn't the candidate that I hoped for.

JESSICA FIGUEROA
Chemical Engineerin Major



Yes, but for my first election I'm disappointed in the choices

JUAN REYES
Computer Science Major

Opinion

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Debate or Debacle

Why it's hard to pay attention to nonsense

By JOEL JOHNSTON
OPINION EDITOR

The first debate in the 2016 presidential race occurred last week.

By all accounts including the post coverage by the New York Times, Hillary Clinton edged out a slight win but neither side did well. A CNN poll says that 62 percent of viewers felt that Clinton won the first debate, which is supposed to be her strength coming into the showdown with her decades of experience in politics.

At this point the Trump train seems to roll on no matter what he does or says. Both sides took shots at each other as expected.

For example, Clinton asked

Trump to release his tax information which he is withholding because Trump says he is going through a routine audit at his company. Trump responded by saying he would release his tax returns against his lawyers wishes if Hillary agreed to release her emails.

The debate felt more like a TV show while the buildup and coverage of the event was similar to a Super Bowl.

There is no question that politics in 2016 has become more theatre and entertainment than serious debate over important issues. There is a very simple reason for this, ratings. Ratings are what both parties want to control. The more people who see the message from either side, the more people are likely to cast a vote. With a country this divided, most have an idea of where to cast their vote before any debat-

ing starts anyways.

In other words, most people know if they are a Republican or Democrat, however voting is never 100 percent so the more people you can make angry at the other side with your message the more votes you're going to get.

This may be why we have seen the vilest politically incorrect race in recent memory. It also has a lot to do with the candidates. Trump seems to be so successful because of his political incorrectness, not despite of it. We live in a sound bite world and being offended by what someone says actually carries weight nowadays for unknown reasons. However, Trump's sound bites couldn't be worse, and that is why he is popular. He doesn't care who gets offended; he is going to speak his mind. Then there is Hillary who isn't exactly politically correct

herself. She poses as such with her policy and speeches but after watching the debate you cannot walk away without feeling worse about the country's future.

My thoughts after about a minute of watching was, wow both of these clowns are old enough to be in a nursing home but neither would pass up the chance to attack the other if they turned the camera's off. However, I wanted to see what others around NECC thought of the debate.

Second year student Ernest Ewusi obliged, "There is no structure to anything they say, Trump has no stability and Clinton sounds better but I'm not really buying it. Once you get to this level it is all just acting."

He wasn't the only one who felt this way on campus. Everyone I seemed to ask let go a sigh before responding.

Brian Chavarria, also a second year student, agreed, and was more confused before the debate then after, "I didn't like the debate itself very much, they just argue and every time they start arguing it didn't make sense to me."

If you rewind the clock just a few decades, most people would've laughed in your face if you had brought up Donald Trump or Hillary Clinton as serious candidates for the presidency of the United States. Donald Trump was an outspoken Wall Street hunchman with a TV show, while Clinton was the butt of every joke her husband put her through.

This is where we have come as a society. Although it is scary, it also makes for great theatre, and the next debate is Sunday, October 9th. At Washington University in St. Louis.

Windows in the Opportunity Works building are awkward

Classrooms all have big windows and some students don't like them

By BEN BAKER
Correspondent

The Opportunity Works building on the Haverhill campus at Northern Essex Community College contains classrooms with windows that put every other classroom's windows on campus to shame.

Each classroom in this particular building contains a large window that sees into the hallway.

The thing is, when you walk by these windows, the entire class can see you.

This has caused students to find it very awkward and the

consensus seems like having these windows is unnecessary.

A current student here at NECC, Zack Savastano, said, "The windows should be more tinted because it causes a distraction when anyone either fooling around or not, walks by. It automatically takes your eyes

off the teacher," he said.

A second student, Brett Shevlin said, "It's a big distraction for the people in the class and it's awkward for the lone person walking in the hallway knowing everyone is staring at them."

A third opinion came from

student Molly Boudreau who said, "It makes me feel a bit uncomfortable, but not too bad I try to ignore it."

"I wish it was just a wall though, I think it's unnecessary."

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News

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Campus garden supports job growth

Community garden collaboration teaches valuable life skills

CLEO BRIGHAM
Editor-in-chief

Earlier this semester, NECC began a collaboration with both Project SEARCH and the Haverhill branch of Opportunity Works to create space for a community garden on campus across from the Library.

A small plot has been created next to the staff parking lot, with the potential for increase in space.

Project SEARCH is an international program offered within Opportunity Works. The goal of the program is to help anyone with intellectual disabilities learn valuable skills that will ultimately help them prepare for employment opportunities within their communities. With guidance from job coaches,

Project SEARCH interns are given rotating tasks around their host site aimed at cultivating skills to increase opportunities when

transitioning into the workforce. Participants work for various departments such as building and grounds, public safety, academic affairs, the bookstore, events on campus, student engagement and now the garden.

In the past interns have worked on NECC related projects from moving books during the library's renovation, creating convocation packets and working at Jitters Cafe. The program hopes to increase their involvement on campus.

Over the summer, Project SEARCH interns worked side by side with NECC's landscaping crew to plant winter cabbages, trees, and flowers. "It was great fun, and everyone learned something about gardening," Project SEARCH staff associate, Maggie Lucey stated.

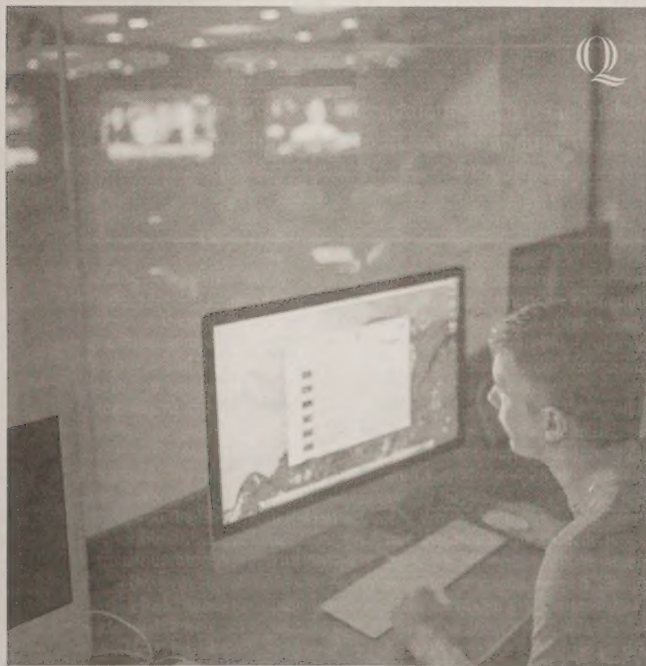
These plants will eventually be repurposed in different spots all throughout campus. In addition, the Women of NECC have also planted a tree dedicated to the memory of the Boston Marathon bombing victims of 2013 just outside of the garden's inclosure

This coming spring, the interns plan to expand their variety of plants to include vegetables and herbs. They'll continue to tend the garden by performing routine maintenance like planting, weeding and watering plants.



Photo by Jessica Laycock

Clockwise, standing Scott Bowen, Project SEARCH intern, center Tyler Corrente, Project SEARCH alumni, John Malaguti, alumni. Kneeling, Jim Field, Project SEARCH job developer and Scott Darby, Project SEARCH alumni.



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Photo by Jess Laycock

From left, Scott Darby and Jim Field work on the garden.

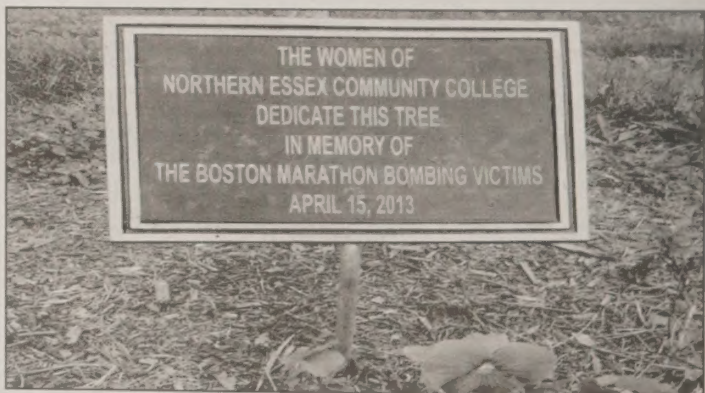


Photo by Cleo Brigham

A memorial plaque marks the site where the campus community dedicated a tree to the victims of the Boston Marathon bombing.

News

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Building community through writing and expression in Lawrence

The Common Sage writing club draws interest

By KEISHA OLEAGA
Correspondent

Writers and lovers of writing have a home in Lawrence through the wonderfully crafted writing club, “The Common Sage”.

Launched on October 8, 2014 by Jessica Valentine, this club began quietly with small gatherings and has now thoroughly grown and expanded in the past two years.

Adults, students, children, and just about anyone can simply come to this weekly writing club and fully release themselves through writing and voice.

The group, began as a small gathering of community of writers at a small nearby café, known as El Taller, in Lawrence.

Together unsure and uncertain of the group itself and what was unfolding, they began to meet weekly on Wednesday nights at 7 p.m.

Attracting more people in the community, The Common Sage, now well known throughout Lawrence, has now become a home for writers and lovers of writing to come together as a community to develop what has now taken the city by storm.

Valentine, the cre-

ator and organizer of The Common Sage, is well-known throughout Lawrence for her exclusive devotion and social change initiatives.

After doing writing workshops through Breadloaf, a large educational writing program known throughout many schools, Valentine saw the glory in this writing and wanted to bring it to Lawrence with a goal to redefine literacy through social change and “taking back the narrative of Lawrence.”

“With The Common Sage, we are simply building a better and stronger community one voice at a time,” says Valentine.

Sylvestre Kazadi, a Computer Science major at Northern Essex Community College as well as an employee of El Taller expresses the change he has seen since the beginning of the organization and his own feelings towards it.

“I think it is actually helping so many people, I have people calling every Wednesday asking, ‘hey is The Common Sage still on tonight?’ and you can hear and see their excitement whenever I give that reassuring yes.”

Kazadi, has been working at El Taller since before the beginning of The Common Sage and has even found himself lured as well as other NECC students, friends, and family by the laid back and comfortable atmosphere created by the groups.



Courtesy photo

The Common Sage writing club meets on Wednesday nights at El Taller at 275 Essex St. in Lawrence.

Open to all you can grab a coffee, or a well cooked meal and sit back yourself to experience and listen to the voices and stories being shared Wednesdays at 7 p.m. at 275 Essex St., Lawrence.

For more information, contact: The Common Sage’s founder and organizer, Jessica Valentine at infor@thecommonsage.org, or visit their social media pages at [@theneccobserver](https://twitter.com/theneccobserver) on In-

stagram and on Facebook at www.facebook.com/thecommonsage.

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Security Log

Haverhill Campus

• Sept. 28, 2016, approximately 5:30 p.m., Public Safety received a call from a female student, telling them she was harassed by an unknown male who was wearing a blue hoodie in Lot No. 3, across from the library.

Lawrence Campus

• No information available

Where to find security:

Haverhill Campus
100 Elliott St.,
room TC 122
978.556.3689

Lawrence Campus
45 Franklin St. main lobby
978.738.7499

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Arts & Entertainment

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Top Notch Players Cabaret

Cabaret features performances from Broadway and previous NECC productions

BY CLEO BRIGHAM

Over this past weekend, NECC's top Notch players kicked off the month of October with a Broadway Cabaret fundraiser. The event was held on Saturday, October 1 at 7:30 in the Hartleb Technology Center. Students performed songs from previous NECC productions such as Forum, Avenue Q, Edges and You're a Good Man Charlie Brown, as well as other Broadway numbers for the production. Tickets sales from the event went towards raising funds for the theater program at Northern Essex.



From left, Dierdree Glassford, Christian Doyle, Geehae Moon, Hunter Gouldthorpe, Sarah Bird, and Orlik Guzman performing the song, "Like Breathing," from last semester's musical production, "Edges." at cabaret

Left, Hannah McKenna playing, Kate Monster and Geehae Moon playing, Christmas Eve from NECC's Spring 2015 production, "Avenue Q."

Over this past weekend, NECC's top Notch players kicked off the month of October with a Broadway Cabaret fundraiser. The event was held on Saturday, October 1 at 7:30 in the Hartleb Technology Center. Students

performed songs from previous NECC productions such as Forum, Avenue Q, Edges and You're a Good Man Charlie Brown, as well as other Broadway numbers for the production. Tickets sales from the event went towards rais-

ing funds for the theater program at Northern Essex.

The Top Notch players next performance the Shakespeare play, "Measure by Measure," will be held in an alternate performance space due to the Spurr

building renovations. The play will be held about two miles away from campus, at the Unitarian Universalist Church on 15 Kenoza Ave. in Haverhill. Performances are scheduled for Oct. 28th and 29th and Nov. 4 and 5.

Hollywood comes to Lawrence

BY CLEO BRIGHAM

Editor-in-chief

On Thursday, September 29th, two film companies filmed on NECC's Lawrence campus at 414 Common Street. While this isn't the first time, German television network, ZDF has used NECC's facilities to film made for television movies, a Hollywood film crew for the upcoming movie about the 1967 citizen protests in Detroit were also shooting nearby on Amesbury St.

Although students were excited that their campus would be featured on the big screen, reserving two spots for both companies vehicles in front of 414 Common Street as well as a row at 45 Franklin Street created some issues for students in regards to traffic and parking. "I didn't mind, but it created a lot of city traffic, especially during the day," Jacqueline Rosales, a liberal arts major said. "Being dropped off was hard, it caused so much traffic especially since people couldn't figure out what was going on."

The filming created even

more conflict on campus as part of one of the movies being shot included simulated sounds of gunshots as well as explosions that took place as early as 9 a.m. and went as late as 3 p.m. near the El Hefni building. Although students received an email warning them that these sound effects were no cause for alarm, the noise was still disruptive to some students.

"I was scared when I saw the guys with guns and didn't know what was going on," said Diana Melendez, a business management and healthcare practice major stated. Although it was disruptive, students were excited that Lawrence was being recognized as a venue by multiple productions.

The El Hefni Sim Lab has also been used in the past because it resembles a doctor's office and hospital, including for a Blue Cross Blue Shield Commercial, Polartec Fleece ad and several medical equipment ads.

Campus Life Editor Bailey Torrisi contributed to this report.

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Campus Life

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Meet the professors of NECC

Providing little quirks you didn't know about your teachers.

By BAILEY TORRISI
Campus Life Editor



Sarah Courchesne, Professor of Natural Sciences here at NECC, teaching to her Nutrition class.

Here at NECC there are a lot of people that don't really know their professors. In each edition we will be introducing a new professor of the week.

This week, meet Sarah Courchesne, a natural sciences teacher who loves overnight hiking trips. She's a vegan, has two sons. She is also a leader of the S.C.I.E.N.C.E club here at NECC.

College: UMass Amherst for English Lit, and then Vet school

Teaches at NECC: Human Anatomy, Human Nutrition and Intro to Biology and Chemistry

If you could bring one fictional character to life, who would it be? Why?

Captain from the book 7 Dead Pirates by Linda Bailey. He has an attitude and doesn't follow

authority. He also shops at thrift stores, a few things like her.

Why did you choose to be a teacher?

After deciding she didn't enjoy being a veterinarian, she wanted to do something to benefit society. She thought about how much she loved being a student, and tried teaching. She loved it from the start. She got to meet new people (80 or so every semester) and she really learns more as a teacher than she did as a student.

If you could only bring 3 items onto an island, what would they be?

Something to write with
Something to write on
A knife

What did you want to be when you were younger?

First a paleontologist because

she loved dinosaurs so much.

Then she moved to a writer. She then wanted to be a neurosurgeon for a long time. She then decided to pursue writing once again.

If you could speak any language what would it be?

Spanish, because it would be most useful.

3 favorite music albums?

Revolver- The Beatles (she's loved them forever)

Picaresque- The Decemberists
Anything Elton John

What's your favorite holiday? Why?

Fourth of July, because she's such a history and revolutionary times nerd and it brings her the most optimism and faith in the country.

All types always

The importance of giving blood was shown at NECC

By SARAH DESIDERIO
Correspondent

On Monday September 26, 2016 Northern Essex Community College was honored to host the Kraft Family Blood Donor Center of Dana Farber Cancer Institute and Brigham and Women's Hospital blood drive. While Northern Essex has hosted them before, this was the first time the college was host to a guest of such renown.

The drive was arranged by Janel D'Agata-Lynch, the Coordinator for Civic Engagement and Service Learning Student Success, along with coordinators at Dana Farber. Particular recognition is due to Linda Perry of Quincy, who said that the "need for blood donors is ongoing".

“It's very special when someone donates, there's nothing more special than blood.”
- Linda Perry

Perry and her team reached out to Northern Essex last spring to arrange the drive since they've never come to the school before. Dana Farber was excited for a new place to go since they try and do about 5 to 6 drives a week.

D'Agata-Lynch was excited when they called because it's a great opportunity for the community of Northern Essex, especially after a summer full of violence, since it "allows students to give back".

Perry said the final numbers for the blood drive were 33 donors with 30 new donors, with 26

units of blood received. This will all go directly to the patients at the hospital. Perry added that it's "very special when someone donates, there's nothing more special than blood."

The donors make it special," she remarked, "Without donors there's no life".

Penny Thomas of Haverhill, a student at Northern Essex said know how valuable a donor can be, having an uncle with a heart transplant, and two family members in severe car accidents, leaving them in critical care for months. Thomas is excited about



Signs outside of the blood drive on September 26, 2016 outside of the Tech building on the Haverhill campus. the possibility of doing a spring semester drive.

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Features

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NECC hires new vice president

Michael McCarthy brings an energetic mind to NECC

By TRAVIS BARRETT

Features Editor

NECC has hired a new Vice President of Administration and Finances: Michael McCarthy.

He was approved by the college trustees at their meeting this past June.

He's energetic and motivated to improve different sectors around both Haverhill and Lawrence campuses. Although he had no previous affiliation with NECC, his father attended here and received his associate's degree when McCarthy was a child. McCarthy remembers the pride and excitement his father shared because it wasn't an easy path especially raising a child while attending school.

McCarthy recently worked as the chief executive officer of the Essex County Sheriff's Department where he was in charge of the \$73 million dollar budget.

At NECC, his obligations are extensive. Not only must he work on what's best for the students and faculty, but also to the facilities and maintenance, safety and security, and auxiliary services for both campuses.

It doesn't stop there though, "everything is under an umbrella," he says. What McCarthy means is that when it comes to maintenance, transportation, mail and food there comes more responsibilities under each area, while at the same time showing focus to the overall budget.

It's a difficult balance managing the finances while also making sure the budget is stable. President Lane Glenn believes that "he'll bring a new and different perspective to the college."

From speaking with McCarthy, I could see what Glenn was describing. He is candid and approaches new challenges

without worrying of the consequences. Wherever he goes he wants to leave that area with pride, like his father did here at NECC, and also to know that he left it better than when he started.

"I'm inspired to improve," he says.

Everywhere he goes on campus he's greeting people while sometimes getting the occasional awkward stare like, "who is that guy?"

He hopes to show that students and faculty can reach out to him for their issues.

McCarthy is from Newburyport, and is familiar with this area. Growing up his father's family were all police officers while his mother's family were, for the most part, teachers. McCarthy has been around both fields since he was a child and now has worked in both areas; of course with a different job title. He's fortunate to benefit off of growing up with two different perspective because it helped him become more unique and be able to think outside the box. He believes it's what helped shape his philosophy for his job which is that, "it's a public service, not a self service."

McCarthy graduated from Tufts with a Bachelor's degree in Political Science and later went on to attend Boston College earning a Master's of Science in Administration in June of 2003. It was good timing because his son was born later in the year.

His long-term goal is to increase enrollment while also improving success rates for students. McCarthy believes the team around him at NECC has a "great comradery and is working together for a common goal." There isn't a time of day where he feels he can't ask a question and everyone all the way up to President

is always looking to try something new. He says that there's no pressure and the "environment is designed for success." No one puts down an idea, his coworkers will explore an idea before rejecting it. He's settling in quite comfortably around here.

His current goal is trying to get food onto the Lawrence campus. Although there are plenty of food options in the city available, the on campus provider in the Dimitry building has not re-signed yet and is temporarily closed. McCarthy is exploring multiple options including trying to bring in local Lawrence food vendors as an option for students and faculty. The uneasiness in him is palpable with the fact there isn't on-campus food available, he cares and you can see it...you can feel it.

McCarthy, like myself, is tired of the stigma of community college, that is, that it's just a community college so it doesn't mean much. It means everything to the people struggling with finances who can't afford higher education. He believes this place is the molding that helps shape us into who we want to be and that he and his staff are "fostering a culture of success." NECC works as the foundation for success for students and he wants to keep projecting that idea.

"We are a community, so why not try and improve it?" More than anything he wants students "to be here" and if they feel lost or unsure of what to do, don't be afraid to search for help because it's not far.

"My biggest thing anywhere I go is that I just want to leave my mark," he says.



by NECC News

Vice President Michael McCarthy

Haverhill mayor highlights importance of voting

Continued From Page 1

Fiorentini understands the notion that the political process isn't for the faint of heart. "You win some you lose some," he explained. Being a Bernie Sanders supporter, Fiorentini was asked by Political Science major Christine Sifire whether he thought the media had played a role in the downfall of his campaign for the potential democratic nominee. Fiorentini followed up by saying that it wasn't the media's fault Sanders didn't win, it was just that he didn't receive enough votes. He later mentioned that running as a self-proclaimed democratic socialist is very off putting for most Americans. In the end

that's politics, the candidate you were in favor of may not have won but that doesn't mean you completely withdraw yourself from voting, he went on to say.

Although, for Fiorentini, his track record for winning elections here in Haverhill is quite good. He has been the mayor for Haverhill longer than anyone else, being re-elected six times since 2003. His first step into politics was back in 1995 where he ran for a seat on the Haverhill City Council, which he won based on his stance for adequate funding for public schools. Fiorentini reflected on his earlier days first getting into politics and how excited he was

to participate in voting in his first presidential election back in 1968. As soon as he turned 21, he ran down to his city clerk's office and registered. He strongly opposed the Vietnam War and wanted to put his voice out there. That's the point of voting, "there's no such thing as not participating," everyone is given their own "script" (a vote) and if you don't use it you're missing out having it heard.

This sentiment rang true throughout the discussion, especially when discussing voting for other positions in office, not just the presidential one.

If you want to see any significant change then there needs to

be change in the Senate and the House of Representatives, otherwise it's much more challenging to get things passed.

For instance he mentioned Clinton's new job proposal and how without agreement from Congress it wouldn't get passed.

What Fiorentini would like to see is more participation with the political process within millennials. He was strongly pushing that everyone should join a political party and getting more people involved is a goal. Overall, Fiorentini wants to see the same excitement he had when he first started getting involved.

"It has to be fun again... we use to have rallies with a band

and we'd have arguments where we yelled at each other," he reflected with a smile on his face. I asked him what he thought the biggest difference was between how people debate politics between then and now. He responded that when talking politics then, that "people would engage you" and want to talk but in today's world he's not too sure why but he thinks that the internet may be to blame. Fiorentini ended by saying that "young people make a dramatic difference" in voting; the richest demographic of people that vote are the elderly and that the poorest group not voting, is the young.

More

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Study abroad offers new opportunities

NECC is reaching out to all students that want to travel

By BAILEY TORRISSI
Campus Life Editor

Most people say they wish they had followed their dream to travel when they had the chance. NECC offers many programs to help you pursue that dream. With help from the International Studies Office (A212) you can find the right program for you.

Elle Yaraborough, a professor from the English Department, is the person to get in touch with when wanting to study abroad for an entire semester. She'll meet with you one on one to try and find a country, and a program with classes to help you further your degree. She's helped students go to places like Japan, Italy, and so many more.

The department is also offering two two-week programs in the Spring, one to Belize and one

to England.

NECC's course in Belize is offering course BIO177: Field studies in Natural Systems. It will meet 4-5 Saturdays in the spring, and leave May 30- June 11. It will include trips to explore Mayan ruins, snorkeling and many more activities led by Marcy Yeager and Ken Thomas.

The course in England is offering two courses, Literature with Barbara Stachniewicz and Macroeconomics with Trisha Machado. This trip will also meet 4-5 Saturdays, and leave May 23- June 2. Literature will look through the cultural history of literature at different landmarks, and museums. Macroeconomics will include looking at national banking, and comparing U.S to England. Places include Westminster Abby, Shakespeare's Globe Theater, and more.

These courses contain work ahead of time, on the trip to relate back to the classwork, and follow up assignments to gain credit for

“It's an opportunity to get out of your perspective and see things from another point of view,
- Alicia Blain

the class.

“It's an opportunity to get out of your perspective and see things from another point of view,” Alicia Blain, Administrative Assistant of International Studies said. “Traveling abroad gives you a cultural and global awareness with a small group that you become very close with. You get to make memories and an experience.”

Jessica Laycock, a Liberal Arts major had the opportunity to stay in Florence, Italy for a month through NECC. “It definitely opens up your eyes to what's around the world. It gives you an experience that you're never going to forget. It's very cool to

experience a different culture. You get to learn your way around and put yourself in the shoes of the people that live there in their everyday life.” She spent the Summer of 2016 traveling with her class.

“It's the coolest experience ever, people spend so much time in the classroom that they don't get to experience the actual world around them,” Kiley Keenan, a 19-year-old business transfer major at NECC who traveled to Africa over the summer. “Learning and integrating into different cultures is a good thing for anyone in any profession.”

The two-week program costs \$3,500 total, which includes

plane tickets, transportation, hotels, meals, and entrance into attractions. There is a \$300 non-refundable deposit due with your application, that holds your spot in the program. The rest of the \$3,200 gets added to your Spring bill but must be paid for before March 13, 2017. You will need to supply your own spending money for things you want to buy while you're there.

Blain and Lizzie Casanave, International Studies Office, try to find a program for everyone at an affordable price. There are two information sessions including questions, pizza, and general information. These are October 7, on the Haverhill campus in room SC213, and October 19, on the Lawrence campus in room L145 both noon-1p.m. You can apply by e-mailing the International Studies office. You need at least a semester at NECC, and a 2.5 GPA. For further questions, and the application itself, e-mail studyabroad@necc.mass.edu.

Opioids and the continuum of addiction

Coordinator of Human Services program talks on crisis

By THEODORE BEAUPARLANT
Correspondent

At this moment in history, it is difficult to open the paper, turn on the news or browse one's Facebook feed without coming across some kind of story related to the opiate crisis which is currently impacting the United States. According to the Center for Disease Control (CDC) in 2014 the nation witnessed a record-breaking number of accidental deaths caused by opiate overdoses, totalling over 28,000. Both Massachusetts and New Hampshire are no exception to this trend, and each rank in the top tier of accidental death from opiate overdose increases from 2013-2014. During this time period, opiate overdoses resulting in death rose 18.8% in Massachusetts and 73.5% in New Hampshire.

According to the Massachusetts Health and Human Services current statistics during 2015, deaths from opiate overdoses in Essex county surpassed those of any other county in the state. The shadow of this tragic phenomenon can even be observed on the Haverhill campus of Northern Essex. I conducted a random poll of 50 students inquiring whether they know anyone who abuses opiates, to which 16 (32%) responded yes.

The response of state government to the 2015 health and human services report on opiate

“The problem with addiction and relationships is that the relationship between the addict and the drug always come first
- Brian Mackenna-Rice

abuse was swift. According to a Massachusetts State House press release, the bill, “An Act Relative to Substance Use, Treatment, Education and Prevention”, passed with unanimous votes in both legislative chambers. It includes numerous recommendations from the Governor's opioid working group. This includes prevention education for students and doctors, and the first law in the nation to establish a seven day limit on first-time opioid prescriptions.

However, according to Brian Mackenna-Rice, coordinator of the Human Services program at Northern Essex Community College, this response was quite delayed.

“This opiate crisis didn't just happen in the last few years” Brian said “It just became publicized in the last few years. Governor Baker has really made at least a passing effort at legislation and attempted to make some changes, and made it more public, and just in that realm I think it is an important piece...but as a nation and as a state our efforts have been less comprehensive.”

I met Mackenna-Rice in a classroom at the NECC Riverwalk in Lawrence. Mackenna-Rice has 36 years of experience spanning nearly every

modality of addiction treatment ranging from intensive outpatient programs, detox, and emergency response to individual clinical therapy, which he did for the last 12 years of his career.

“What's breaking the system and what's so problematic, especially for heroin, is that there aren't enough wrap around services” he said.

“We're letting people come into treatment for spin dries (5 days) ... if you want treatment there's not enough of it after detox. There isn't a continuum of addiction treatment. Which is a big problem because this is a disease of relapse.”

His assessment of the systems in place was at first discouraging, but as he continued on to relate his own experiences working with people in opiate addiction recovery the conversation took an uplifting turn.

“My training is that anything that can be learned can be unlearned. Too many times the expectation is that [people are told] to change right away, and that doesn't work too well. It's a time investment,” he said.

“It's about the amount of commitment the individual has and how involved in their health and working toward a healthy life-

style they are. And it's the belief in someone to provide services and rapport- trust. If there's no trust and rapport there is nothing ever happens- so (counselors) spend a lot of time building trust and rapport. It's like any other relationship.”

Mackenna-Rice's experiences, coupled with the recently passed legislation, which promises to fund prevention efforts at the state level, may quell concerns about current addicts and at risk youth for some. Focus can shift once again from the subjects of addicts and addiction to those left in the wake of these forces: the peers, friends, partner, and family members of addicts.

One element too often omitted from any accounting of the devastation being caused by opiates is the fallout the family and friends are left with in the case of an overdose.

Interpersonal relationships between addicts and non-addicts, is a complex dynamic which Mackenna-Rice is all too familiar with due to his experiences in group therapy which often involved both addicts and their families.

“The problem with addiction and relationships is that the relationship between the addict and

the drug will always come first,” he said.

“I've always thought some of the healthiest people are those who know the point and say ‘Listen I can't do this, I love you and I want to be with you but I can't be with you like this.’ The bottom line becomes (addicts) don't really know they have a brain disease, their loved ones don't know they have a brain disease, and they are so hurt, think about that. (their loved ones) are so hurt and neglected that they get angry and the only way to deal with it is to try and get some help for yourself, the family members, that's the only thing that helps,” he said.

“Try and get some healthy knowledge and some healthy counsel from other people, from a professional counselor or even laypeople like at AL Anon or that kind of thing, where there are people who can understand this, you know listening to other people's stories at least lets you know that there is hope for you and your situation.”

For any and all students who are in a situation like that described by Brian Mackenna-Rice, or are an addict and wish to begin the process of recovery, support can be found at The Counseling Services office on the Haverhill Campus, located in the Sport and Fitness Center, Room D117.

The Counseling Services office on the Lawrence Campus is located in the John R. Dimitry Building, Room L115.

For more information on AL Anon, visit their website at AL-Anon.org.

Sports

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Interest levels drive sports offerings

NECC has no men's volleyball and no women's basketball

By KYLE BENSON
Sports Editor

There has been much conversation on gender neutral topics over the past few years. In the sports world there are usually sports leagues for both genders to participate in, such as baseball and softball, and track & field. Northern Essex has these two gender neutral sports, but what about basketball and volleyball?

NECC has men's basketball and women's volleyball, but not women's basketball or men's volleyball. In fact, the college has never sported a men's volleyball team.

"We've done it a little bit as an intramural," Athletic Director Sue MacAvoy said.

"The main reason that we don't do it as a varsity sport is the NJCAA doesn't have (men's) volleyball so there really would be no one to play on the varsity level, there's club teams and stuff

like that but then that would have to go through a varsity program here," MacAvoy said.

Even though the NJCAA does not recognize men's volleyball as a sport, the league does have women's basketball as an option. Northern Essex actually had a women's basketball team for 3 years but stopped the program 2 years ago. They could not field a varsity team all 3 years, but they had a club team.

"We just couldn't get the numbers," MacAvoy said. "The last year that we were going to run it we only had 1 person come in to express interest, even after the coach recruited."

That's when one door closed, but another opened. When the team was gotten rid of, MacAvoy and the Athletic Department ran a survey of the women students asking what sport they would want other than basketball.

"That's when softball was created because softball was the sport that was highest on the list that everyone wanted," MacAvoy said.

The softball program has been

going on at NECC for three years now and won the 2016 President Cup last season.

When asked if she would like to see women's basketball back at NECC, MacAvoy says it's a nice idea but she wants to focus on the newer sports first.

"We're just getting the volleyball going, softball's still getting off the ground, so while those two are going, we definitely want to establish those," MacAvoy said. "I think we really want to build those programs before we maybe throw something else in there."

Bringing back women's basketball is not out of the realm of possibility though.

"I would definitely like to see women's basketball, try to bring it back. This year I had maybe

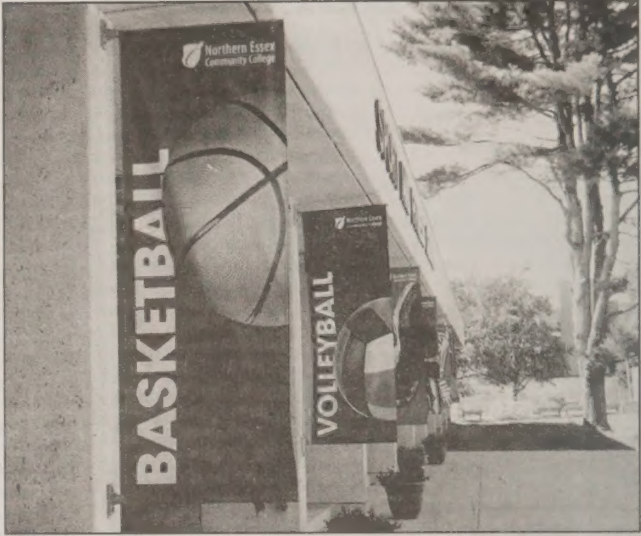


Photo by Kyle Benson

Sports banners outside the Fitness Center.

three come by and express interest, that's still not enough but maybe there will be a change," MacAvoy said.

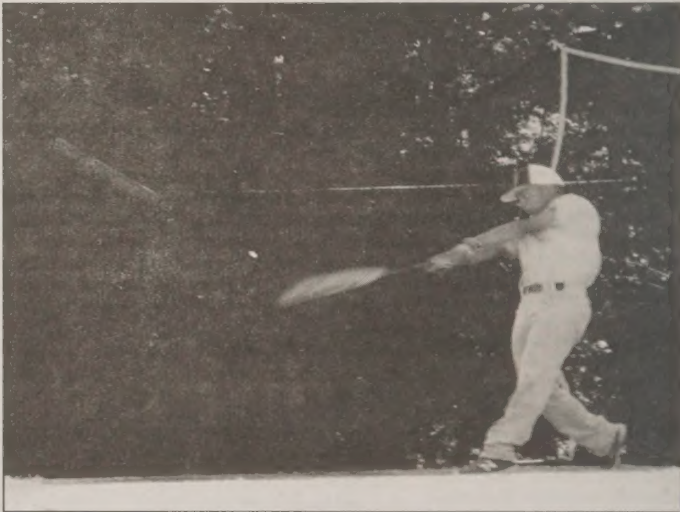
"Then again if people come

flooding in the door, you know when budgets are right, it's something we can definitely look at again."

Fall baseball practice photos



Photos by Kyle Benson



Sports

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Volleyball Game
NECC
VS
NHTI
Thursday, October 6 @ 6:30pm

We welcome requests for sign language interpreting and other access requests (i.e. Computer Aided Real Time (CART), food allergies, etc.) Please contact the host of this event for requests, questions or event information.

GO KNIGHTS !!!

NECC TRACK AND FIELD MEETING

Anyone Interested in participating on the men's or women's track and field team please attend the meeting on Monday, October 17 @ 2:00 PM in the lobby of the sport and fitness center.

If you cannot make this meeting please contact:
Sue MacAvoy smacavoy@necc.mass.edu **978-556-3820**

GO KNIGHTS !!!

We welcome request for sign language interpreting and other access requests (i.e. Computer Aided Real Time (CART), food allergies, etc.) Please contact the host of this event for requests, questions or event information.

MEN'S BASKETBALL

CONTACT :
JOE TARDIF
978-556-3822
jtardif@necc.mass.edu

*Individuals requesting sign language interpreting, access requests (including food related allergies), questions, or for further event information, please contact Sue MacAvoy at 978-556-3820 or by email a smacavoy@necc.mass.edu.

VOLLEYBALL HOME GAME
NECC
BUNKER HILL
WEDNESDAY, OCTOBER 12 @ 6:00 PM

WE WELCOME REQUEST FOR SIGN LANGUAGE INTERPRETING AND OTHER ACCESS REQUESTS (I.E. COMPUTER AIDED REAL TIME (CART), FOOD ALLERGIES, ETC.) PLEASE CONTACT THE HOST OF THIS EVENT FOR REQUESTS, QUESTIONS OR EVENT INFORMATION.

SUE MACAVOY smacavoy@necc.mass.edu, **978-556-3820**

GO KNIGHTS !!!

OPEN HOUSE

YOUR PURPOSE, OUR PASSION

UMass Lowell Open House

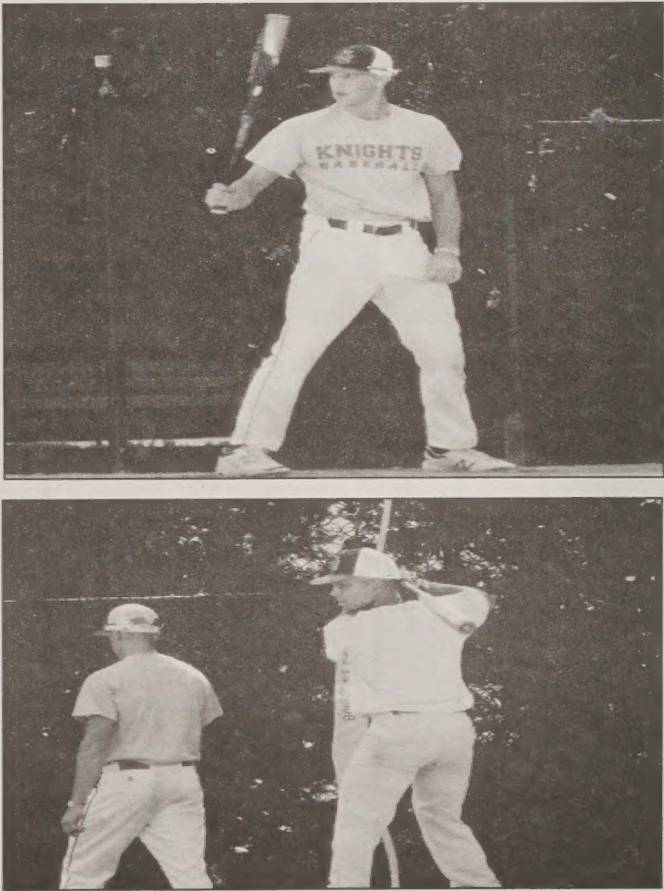
Sunday, Oct. 23 or Sunday, Oct. 30
9 a.m. to 1 p.m.
Tsongas Center at UMass Lowell

Open House is a great way to meet students, faculty and staff from every program. Members of campus clubs and organizations are on hand to share what it's like to be a student here. Campus tours run continuously, and a flexible schedule allows you to focus on what interests you most.



REGISTER ONLINE AT UML.EDU/OPENHOUSE

Up to bat



Photos by Kyle Benson

Just for Fun

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Word Search: European Capitals

W I L M M R A I B W O A V S J R T E C R Y W G Q M G Z W A S T O C K H O L M
A A E F B I B U O H J B A A Y A B J N I S L H Q I T R T C N T J P H U L D N
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MADRID
MONACO
NUUK
PODGORICA
ROME
SKOPJE
TALLINN
VALLETTA
VILNIUS

ATHENS
BERN
BUDAPEST
DUBLIN
KIEV
LONDON
MARINO
MOSCOW
OSLO
PRAGUE
SAN
SOFIA
TIRANA
VATICAN
WARSAW

BELGRADE
BRATISLAVA
CHISINAU
HELSINKI
LISBON
LUXEMBOURG
MINSK
NICOSIA
PARIS
RIGA
SARAJEVO
STOCKHOLM
VADUZ
VIENNA
ZAGREB

Sudoku Brain Teasers

Puzzle 1 (Hard, difficulty rating 0.63)

					4	8		
	4	6						7
2	3				1		5	
		7		4	8	6	1	
1								3
	6	9	2	1		5		
	1		4				6	5
6						7	2	
		5	9					

Puzzle 2 (Easy, difficulty rating 0.36)

6	7			4				5
	2			1			4	6
	5	3	2					7
	9		3					
			1		6			
					2		3	
1					9	4	7	
9	4			3			1	
3				7			5	8